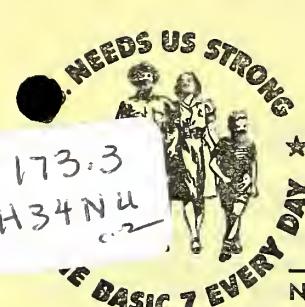


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# NUTRITION

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# News Letter

## SCHOOL LUNCH ACTIVITIES

### COOPERATIVE IN-SERVICE TRAINING FOR SCHOOL LUNCH PERSONNEL IN TENNESSEE

In Tennessee the University and the State Department of Education employ a full-time worker in a cooperative training program for school lunch personnel. This instructor spends two quarters of the year in a field training program for school lunch workers and teachers, one quarter in teaching school lunch management to home economics students at the university, and the summer quarter in conducting school lunch workshops.

#### Field Training Program

In the counties the program consists of noncredit short courses for school lunch cooks and managers and credit courses in nutrition for teachers. For school lunch workers courses consist of 2 hours or more one afternoon each week for 5 consecutive weeks. For at least 2 of the 5 days laboratory work is done in a school lunch kitchen centrally located in each county. Classes are held during the school year, which gives participants an opportunity to apply the lessons immediately to their work and the course is planned to meet individual problems in each school represented. Emphasis during the past year has been placed on menu planning, food purchasing, and food preparation and serving, with particular attention to the use of abundant foods and those available through the U. S. Department of Agriculture.

As many as five counties may offer courses in the same 5-week period. During 1949-50, 17 groups met in 15 counties. Of the 448 school lunch workers who enrolled, 417 attended all classes. Each person who attends all five meetings and participates as an enrollee receives a 10-hour certificate of attendance from the university. A minimum enrollment fee of \$2.00 is charged to pay office and travel expenses of the instructor.

For teachers three courses in elementary nutrition with 3/4 hour credit each are given. For these the usual University Extension tuition rate is charged. This year 70 teachers in the public schools received credit.

#### University School Lunch Course

During one quarter, a course in Foods and School Lunch Management at the University of Tennessee gives students an opportunity to study the school lunch management as part of their home economics training.

#### Summer School Lunch Workshops

Two school lunch workshops—one carrying college credit for supervisors of school lunch programs, and one a non-credit workshop for school lunch managers—are given during the summer at the University of Tennessee.

#### STATE SCHOOL LUNCH WORKSHOPS

This summer or early fall 46 States are holding one or more school lunch workshops. Emphasis is on better meals for more children. Toward this end special consideration is being given to buying food and equipment, and to care in handling food both in preparation and storage.

The April-June 1950 issue of School Food Service Association News contains an article explaining the types of workshops and in-service training programs that are being held throughout the country. Copies of this publication may be secured from Edna Gilbert, Director of School Lunchrooms, Youngstown, Ohio.

#### BETTER BREAD—PROGRESS REPORT

The July issue of the NNL, in reporting the adoption of improved bread in New York City schools, stated that the bread contained 6 percent nonfat dry milk, and that one large baking concern was producing the bread for institutions. Now 8 percent nonfat dry milk is being used in the bread and seven commercial bakers in New York city are baking the bread for institution users.

SOUTH DAKOTA WORKING ON SCHOOL LUNCH AND SAFE MILK

The number of schools operating school lunch programs increased nearly 75 percent from September to November, it was reported at the November meeting of the South Dakota Nutrition Committee. The Committee has aided and supported the school lunch program in the State.

The Committee is also working on the problem of increasing the quality and quantity of safe milk in the State. At the November meeting, after an officer of the State Department of Health discussed State laws regarding safe milk, a spokesman for each organization told what his organization had done to provide safer milk and to promote the use of milk.

These reports showed that—

..The Extension Service sponsored a panel discussion on brucellosis during Farm and Home Week. The State Farm Improvement Association had plans available for Grade A milk houses. The 4-H clubs had projects and demonstrations on home pasteurization and the cleaning of dairy utensils.

..Through vocational homemaking teachers and the Future Homemakers Association, the Department of Public Instruction emphasized the need for more safe milk.

..The Health Department held a Food Handling Institute for Sanitarians and Public Health Nurses and other Food Handling Schools.

..The School Lunch Program held 1- or 2-day workshops on milk for school lunch personnel.

Chairman Lida M. Burrill writes that the Committee agreed it could best function by informing the South Dakota public of the importance of good nutrition and proper food handling by—

..Supporting the State Department of Health in an effective training program for food handlers.

..Supporting or promoting short school lunch workshops.

..Emphasizing nutrition and health through various channels.

..Encouraging publicity.

The Committee holds its meetings in different parts of the State to make it possible for all members to get to at least some of the meetings. At times the Committee arranges with local groups for program material or promotional work.

OTHER SCHOOL LUNCH ACTIVITIES OF NUTRITION COMMITTEES

Chicago. Fifty-two members and guests of the School Lunch Committee and the Food Utilization Committee of the Chicago Nutrition Association saw demonstrations on the use of Government-donated foods in the school lunch program.

Ohio. A report on the school lunch program made to the Ohio Nutrition Committee indicated that—

..Charging over 25 cents for school lunches reduces participants.

..Serving plate lunches reduces the sale of knickknacks.

..Sale of chocolate drinks has stopped in most school lunchrooms.

..Problems of sanitation, including dish-washing and food storage, still exist.

Peoria County, Illinois. The county nutrition committee points out that lunchroom surroundings offer subtle but significant incentives for eating. It suggests—

..Serving small taste portions free of charge for pupils who are learning to eat a food for the first time.

..Having a faculty member help younger students make their selection of food.

..Demonstrating good table manners by having properly qualified students act as hostesses.

..Urging parents to visit the cafeteria or lunchroom and eat with their children.

..Planning birthday lunches.

..Issuing meal tickets with which no candy or soft drinks may be purchased, thus requiring cash for these items.

..Using colorful place mats made by pupils.

..Having art classes arrange furniture and decorate the rooms.

..Changing murals, displays, and posters frequently.

..Having the room committee arrange flowers artistically.

NORTHEAST AREA SCHOOL LUNCH AND DIRECT DISTRIBUTION CONFERENCE

The Northeast USDA-PMA Food Distribution Programs Branch and the States in that area held their yearly conference in New York City, June 19-23. The group was divided into working committees to dis-

cuss (1) economic need, (2) State plan of operation, (3) meeting meal type requirements, (4) commodity utilization, and (5) food care.

The Committee on Meeting Meal Type Requirements felt that some of the underlying causes for failure to meet the meal type requirements were failure to understand the program, inadequate funds and facilities, poor management, and lack of community interest. To overcome these difficulties, the Committee suggested training programs, monthly news letters, administrative reviews, publicity, increased use of USDA commodities, the serving of palatable food, and establishing a maximum price at State level.

#### FISH IN SCHOOL LUNCHES

The Fish and Wildlife Service has a new institutional test kitchen for developing and testing quantity fish recipes for use in school lunchrooms. The 18 recipes already developed have been printed on 5 x 8 cards. Each recipe gives the amount of protein-rich food contained and the cost per serving, together with four suggested menus that meet Type A requirements.

The home economists of the Service conducted 155 demonstrations on the use of fish in school lunches during 1949 and the program is continuing in 1950.

A 16 mm. color film entitled Food for Thought released in June shows the use of fish in planning school lunch menus. While Food for Thought is specifically directed to school lunch managers, it is appropriate for PTA groups, civic organizations, and school classes.

Requests for the film, demonstrations, or recipes should be addressed to the Branch of Commercial Fisheries, Fish and Wildlife Service, U. S. Department of the Interior, Washington 25, D. C.

#### A LOOK AT THE SCHOOL LUNCH STOREROOM

Proper food storage and food care are part of good school lunch management. Without them, school lunch dollars may be lost through the waste of foods stored in the school. To stimulate interest in proper food care and to help schools make the most of the food they buy and the food they receive from the USDA, the Food Distribution Programs Branch of PMA has developed a set of 14 posters for use at workshops this summer.

Next accompanies the posters for use by the discussion leader to develop the points illustrated.

Starting with the ideal storeroom which features a separate room designed only for storage of foods, the posters highlight ways of ventilating storerooms, how to keep out heat and light, how to stack food properly on racks and shelves, and the necessity of keeping the storeroom temperature between 40° and 70° F. Emphasis is also given to control of rodent and insect infestation. The storage life of various foods is given and some management practices that facilitate the orderly movement of stocks and supplies are also illustrated.

These posters are available only to State school lunch agencies for use in workshops and training programs. Miniature reproductions, in pamphlet form, are also provided State agencies for distribution to school lunch managers and cooks attending workshops.

#### PRICE OF SCHOOL LUNCHES AFFECTS

#### PARTICIPATION

The price charged is a most important factor in inducing a child to take a complete lunch at school. This is indicated by a study of participation records for October 1948 and October 1949, conducted by the Food Distribution Programs Branch, PMA, USDA, in cooperation with State school lunch agencies in Georgia, North Carolina, Ohio, Kansas, Texas, and California. Office records of three groups of schools in each State were studied: A group which raised prices, another which lowered prices, and a third where prices did not change between the two periods of the study.

The study showed that:

- (1) The percentage of enrollment taking a complete lunch is closely associated with the price charged for the lunch.
- (2) When the price charged for the lunch in a school is increased, participation generally decreases; conversely, lowered prices mean higher participation.

In the 428 schools studied in 1948, the participation ranged from 98 percent, where the price was 5 cents, to 10 percent for schools charging 40 cents. In 1949 the range was from 90 percent participation with a 5 cent charge to 28 percent participation with a 35 cent charge.

A price of 20 cents or less for the type A lunch meant participation by one half or more of the children. At 25 cents one third purchased the lunch and at 30 cents about one fifth participated.

In the aggregate, in the 126 schools

that raised prices between October 1948 and October 1949, participation fell from 56 percent to 48 percent. In the 109 schools that lowered prices participation rose from 29 to 40 percent. In the 193 control schools where prices were unchanged participation varied less than 1 percent.

While many factors influence participation, this study clearly indicates that a low-priced lunch is of great importance in securing maximum participation.

More assistance from public and private funds, better management practices, and better utilization of commodities distributed by USDA will permit school lunch operators to make downward adjustments in prices, and consequently make the School Lunch Program a more effective instrument for child nutrition.

#### DISTRIBUTION OF COMMODITIES

Food commodities donated by USDA to States for distribution to nonprofit school lunch programs, charitable institutions, and public and private welfare agencies assisting needy persons, including Indians, totaled approximately 750 million pounds during the fiscal year ending June 1950. Included were—

dried prunes and raisins	sweetpotatoes
fresh pears, apples, and plums	butter
fresh cabbage, spinach, and beans	cheese
canned apricots, peaches, and plums	turkey
canned green beans, corn, tomatoes, and tomato paste	honey
	white potatoes
	peanut butter
	concentrated
	orange juice
	dry milk
	dried eggs

More than 50 percent of this total amount of food was used in nonprofit school lunch programs.

Commodities were made available to States by USDA under one or more of the following four laws authorizing such donations:

..Section 32 of the Agricultural Act of 1935, as amended, which makes available to USDA an amount equal to 30 percent of the custom duties collected each year, to operate programs designed to increase domestic and export markets. Foods purchased under surplus removal programs are donated to schools, charitable institutions, and other needy groups. Items such as dry milk, dried eggs, potatoes and sweetpotatoes, butter, turkeys, fresh and dried fruits, fresh vegetables, and honey were distributed under the authority of this law.

..Section 6 of the National School Lunch Act of 1946 which provides that a portion of the annual appropriation may be used for the purchase of agricultural commodities to assist in maintaining the meal type requirements. Under this legislation, processed and natural Cheddar cheese, canned fruits, concentrated orange juice, canned vegetables (including tomatoes and tomato paste), and peanut butter were purchased and distributed only to nonprofit school lunch programs participating in the cash indemnity program.

..Section 416 of the Agricultural Act of 1949 which authorizes the Department and the Commodity Credit Corporation to make surplus commodities available to eligible groups who agree to pay freight from point of storage. Under this legislation, white potatoes, dry milk, dried eggs, butter, and cheese were distributed.

..Section 3 of Public Law 471, 81st Congress, which authorizes the Department to distribute 1949-crop white potatoes, with freight in carload quantities paid by the Government to destinations, to nonprofit school lunch programs, charitable institutions, and public and private welfare agencies assisting needy persons, including Indians.

Quantities of all commodities made available by the Department which would lend themselves to the peculiar problems of shipment and utilization involved were shipped to the territories of Hawaii, Puerto Rico, the Virgin Islands, and Alaska.